

# NHB/NMRTC Bremerton *Caduceus*

## *A Monthly Recap of info, insight & issues for December, 2022*



### Annual Tree Lighting Shines for Those Deployed

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- For many years, the annual tree lighting ceremony at Naval Hospital Bremerton has symbolically sent a beacon of light to those staff members deployed over the holidays.



This year's tree lighting ceremony coordinated by NHB's Pastoral Care department, continued the time-honored and hallowed tradition, Dec. 5, 2022, to bring staff members and families together to share the season and recognize those who won't be home due to operational readiness commitments.

"In years past, the lighting of the holiday tree gave us an opportunity to recognize and remember members of our command who were deployed; people who were away from home and loved ones and in harm's way," said Capt. Patrick Fitzpatrick, NHB director and Navy Medicine Readiness Training Command Bremerton commanding officer.

The past decade has had hundreds of doctors, nurses, hospital corpsmen and support staff from NHB deployed, with the vast majority supporting Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom in Iraq, others assigned to such locales as Bahrain, Horn of Africa, Kuwait, several European locations, the Republic of Georgia and with ships, submarines, and squadrons.

"If you've been there and done that, you probably know that warm feeling when you heard that your shipmates were thinking of you, were reaching out to your families. Now, even though we're not actively engaged in a conflict, we still go. We deployed in massive numbers to assist community hospitals in the fight against the COVID pandemic. We still send nurses and doctors to support their mission. Most recently we sent eight corpsmen and two registered nurses to Madigan Army Medical Center to assist with surge operations," stated Fitzpatrick.



According to Lt. Cmdr. John Tarr, Navy Chaplain Corps, the tree-lighting is a long-established custom representing light, faith and hope which embodies the entire ceremony.

The lights which adorn the tree are reminders of how the light of faith can dispel the darkness of a person's fears, uncertainty and isolation.

The tree itself, with the branches arching towards the heavens, has been a sign of faith for many throughout the ages.

As a 'tree of life,' it endures the seasonal cycle from life to death to life again, inviting those attending to experience the spiritual renewal and hope that the holidays offer.

The tree will remain lit throughout the holiday season, leaving a continuous light on for those still deployed and helping others in need.

That's why we wear the uniform. I want to thank everyone here who has worn the cloth of our nation for your willingness to serve, and to do that hard thing. I also want to thank our civil servants and contractors who support those missions. What we do is important to our nation. Let's continue to hold those who are away from home this season in our hearts until they return safely," Fitzpatrick said.

The command's ceremony also included a surprise visit by Santa, courtesy of Cris Larsen, standup comedian and noted local civic leader active with the Bremerton Chamber of Commerce Armed Forces Festival.

"What you do is what makes this town so proud and the world go around with your service. God bless you all," Larsen shared to the gathered audience.

"Happy holidays to all," Tarr exclaimed.



**NHB/NMRTC Bremerton Webpage:**  
<https://bremerton.tricare.mil/>

**NHB/NMRTC Bremerton Official Facebook site:**  
<https://www.facebook.com/navalhospitalbremerton>

**NHB on Defense Video Info Distro Service:**  
<https://www.dvidshub.net/tags/news/nmrtc-bremerton>

**NHB Command Ombudsman:**  
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## Heartfelt Appeals and Emotional Loss: Holiday Safety Emphasized

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- It was on a cold November morning in 2015 that Sue Machacek last saw her husband alive.

Delyle, or Mac as he was known to everyone, and Sue had known each other for 50 years and been married for 48.

On Nov. 19, the 71-year old Navy veteran and retired Puget Sound Naval Shipyard worker had stopped in Gorst for his routine morning coffee. As he pulled back out onto Highway 3 at 5:20 a.m., another motorist speeding well above the posted limit slammed into Mac, pinballing him through other traffic.

The collision killed Mac. The driver who caused the fatality was driving drunk. According to court documents, his blood alcohol limit was approximately three times the legal limit.

Sue got the tragic news soon after. In a state of stunned shock, she had to tell their two grown children that their dad was killed that morning by a drunk driver.



She also shared her grief with Navy Medicine Readiness Training Command Bremerton staff as part of their command safety stand down for the holidays, Dec. 6, 2022.

“Every day I have something to tell my husband, but he’s not there. How do you cope? One day at time,” said a tearful Sue, who made the journey from Houston, Texas to share awareness that drinking and driving is a tragedy waiting to happen.

“What I ask is, don’t kill anyone. It took three days for the driver to sober up enough to tell him he killed someone. Please don’t drive drunk.”

Anguish of personal loss was more than just a central theme of the safety stand down to those in attendance. It starkly rendered what happens when someone decides to

drive drunk. Data points and statistical evidence tell part of the story. Having someone sharing their sorrow and suffering was a soulful – and somber - plea to not have it impact them or anyone else.

Marsha Masters, with the Kitsap County Sheriff’s Office and Mothers Against Drunk Driving, has addressed many military commands, civic groups and organization, as well as local schools on the perils of drunk driving. Yet she shared a painful memory which still lingers from her days as an Olympic High School teacher in Bremerton.

“We had a student killed by an impaired driver. Killed on impact. Coming into class, seeing that empty seat and going through the loss was the hardest part of my teaching career,” stated Masters, who got involved in MADD after retiring from teaching to help stop drunk driving and help victims in need.

“I met lots of nice people through their tragedy, but I hoped that I never had to meet them [under such circumstances],” Masters said.

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Navy internal publication**

Capt. Patrick Fitzpatrick, NC, Commanding Officer

Capt. Mark Lund, MC, Executive Officer

A scrolling photo-montage of roadside memorials al caused by drunk drivers in just Kitsap County prompted Masters to share, “Way to many shown here, and that’s not all. I also can probably tell a story about each one, on how it happened, and how it didn’t have to happen.”

Masters is the Target Zero manager for the Kitsap County Sheriff Office, and explained their goal is to get traffic fatalities down to zero. She attests that the progress made last year has slid in reverse.

“We were doing well. This year 19 have been killed. We’re going the wrong way. We need to do more,” stressed Masters, noting that across the state over 600 deaths equates to no happy Thanksgiving or happy New Year for a lot of people. “Ninety four percent of those are caused by driver error. Not an accident, but some driver doing something wrong.”



There were four basic principles which Masters asked the audience to follow.

**Buckle up. “It is the law.”**

**Slow down. “The faster you go, the bigger the mess.”**

**Pay attention. “The time it takes someone to check their phone and out it down they’ve traveled the length of a football field. A lot can happen during that time.”**

**Drive Sober. “Don’t take the change to kill yourself, your passenger or an innocent.”**

“Make a plan and have a plan for someone sober to be a designated driver,” added Jean Hallmark, command safety specialist who helped organize the event. “And a designated driver isn’t the one who has had the least amount to drink.”

Candy Cardinal of Naval Base Kitsap Sexual Assault Prevention Response shared how the effects of alcohol on interpersonal relationships can increase the possibility of sexual assault.

“Alcohol can be used as a tool to force someone,” Cardinal said, asking the audience to describe consent and what they would do to active intervention to prevent sexual assault from taking place. “Stand downs like this reaffirm our need to be aware.”

The command’s Coalition of Sailors Against Destructive Decisions invited all junior Sailors to their pizza party the following evening as a way to advertise their organization’s mission to promote making the right decision.

“Look, every payday Sailors go out drinking. There’s other alternatives besides getting wasted. There’s safer ways to have fun. We got a lot of stuff going on,” said Hospital Corpsman 2nd Class Michael S. Collins, CSADD secretary, as he held up his phone and told everyone present to add the command’s Life Line save ride for future reference.

“Take this number for yourself and others: 360-443-0438.”



Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and NMRTC Bremerton commanding officer thanked Collins and the guest speakers to wrap up the stand down.

“I added the safe ride phone number and hope everyone else did, too,” said Fitzpatrick. “I was especially moved by what was shared here. It was powerful to hear. Our legacy should be living our life to the fullest. Not by a white cross on the side of the road. Let’s make the right decisions in all that we do.”





*Sharing Seasonal Smiles...Navy Nurse Corps officers and civil service registered nurses gathered for their annual holiday group photo, which was put on hiatus the last few years due to continuous need in helping stop the pandemic (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).*







*Flanked by Madigan Army Medical Center leadership, NMRTC Bremerton hospital corpsmen were readily acknowledged and thanked for their collective efforts, and presented with a command coin "in recognition over the last seven to 10 days for their service of excellence in support to our team in medical/health care delivery." Staff members who answered the call for need were, Hospital Corpsmen 2nd Class Jay Contreras and Kevin Whiteman; Hospital Corpsmen 3rd Class Natalie Brooks, Drew Fast and Shayla Wallace, Hospitalmen Denasia Deloach, Cole Kinser and Melissa Raborn; and Ens. James M. Cramer and Ens. Taylor J. Fink. (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer)*





## **NHB/NMRTC Bremerton Medical Corps Holiday Greetings!**

*Navy physicians and surgeons take a brief respite from delivering patient-centered care to collectively gather for a seasonal photo-op. From their establishment 151 years ago, March, 3, 1871, the Medical Corps – with 24 specialties and more than 200 sub-specialties – have ensured the health and well-being of every Sailor, Marine and Navy Medicine beneficiary around the world, from Family Medicine and Pediatrics to General Surgery, Orthopedics, Neurology, Dermatology and more, before and after gathered around a decorated tree...(official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer)*



**NMRTC Bremerton welcomed our newest advancement class, as 25 staff members were ceremoniously promoted to their next highest pay grade**

Hospital Corpsman 2nd Class Kevin L. Aguirre  
 Hospital Corpsman 3rd Class Lauren D. Bernard  
 Hospital Corpsman 3rd Class April L. Ciambelli  
 Culinary Specialist 2nd Class Miquale D. Claude  
 Information Systems Technician Submarines 1st Class Dylan Cowgill  
 Master-at-Arms 3rd Class Kathryn E. Davis  
 Hospital Corpsman 3rd Class Marco A. Del Campo  
 Hospital Corpsman 3rd Class Alexander Dye  
 Hospital Corpsman 1st Class Jeremy D. Gilliatt  
 Hospital Corpsman 3rd Class Suzanne N. Gonzalez  
 Machinist Mate Nuclear 1st Class Nicholas L. Gordon  
 Hospital Corpsman 3rd Class Dalton L. Jones  
 Hospital Corpsman 3rd Class Nicholas G. Krupp  
 Hospital Corpsman 3rd Class Jovana Losada  
 Hospital Corpsman 3rd Class Dangelo M. Loving  
 Hospital Corpsman 3rd Class Genesis Lozada  
 Hospital Corpsman 3rd Class Clarisseangela Manalastas  
 Hospital Corpsman 3rd Class Julia E. Muro  
 Hospital Corpsman 3rd Class Maria J. Perez  
 Interior Communications Electrician 2nd Class Laura D. Pugh  
 Hospital Corpsman 3rd Class Ruby Rodriguez  
 Hospital Corpsman 1st Class Jordan Rozul  
 Culinary Specialist 3rd Class Kayla Q. Smith  
 Hospital Corpsman 3rd Class Edward A. Yelland  
 Hospital Corpsman 3rd Class Noah A. Zaki



















## NHB/NMRTC Bremerton Awards At Quarters













## Cmdr. Douglas Steffy promotion





## HMCS Randall Zenonian retirement





## Awards At Quarters

